



Rec League Summary of Playing Rules

Unless otherwise noted the WBBL plays by the National Federation of State High School (NFHS) Basketball rules.

NO DUNKING or trying to dunk in warm-ups or in games. Doing so will result in a technical foul.

Minimum of 5 players needed to start a game (PNT requires 3).

Every player needs to play at least 25% of the game and every player should sit some of the game - no longer play qrt / sit qrt rule.

There is no rule prohibiting zone defense.

	5/6 PNT	7/8 INST & INST GO	9/10 TR & TR GO	11/12 JV & 11-13 JV GO 13/14 VAR	14/ 15 - 18 HS 14 - 18 HS GO
Length of Quarters / Halves	6 Minute Quarters	8 Minute Quarters			16 Minute Halves
Time Between Quarters/Halves	1 Minute between Quarters & 2 Minutes between Halves				
Clock Stops	Time-Outs and Injuries. We will attempt to stop clock for free throws, but not until players are lined up. Clock will run until players line up unless last minute of half/game				
Regulation Clock at End of Halves	Regulation clock observed last 1 minute of first half and last 1 minute of game.				
Backcourt Pressure 1 shot technical after 2 backcourt warnings	None	Entire 4th Quarter Unless lead 10+	Entire 2nd half Unless lead 15+	JV/JVGO: Entire 2nd half Unless lead 15+ VAR Entire Game (Except Mercy Rule ... See below)	Entire Game Except Mercy Rule See below
Height of Goals	8 feet	8 feet <i>(Coaches can choose to play on 9 ft)</i>	9 feet <i>(Coaches can choose to play on 10 ft)</i>	10 feet	
Ball Size	27.5	28.5		B 29.5 G 28.5	
Foul Line Distance	10 Feet		12 feet	15 feet	
Three Point Field Goals	Only counts as 2 points	19'9" feet			
Number of Time-Outs	2 (Two) 60 second Time-outs & 2 (Two) 30 sec - Second Time-outs			Ref will start game action back whether your team is ready or not following a timeout	
Number of Time-Outs for OT	One (1) additional 30 second Timeout per team for each OT Period.			Unused Timeouts from game carry over to OT.	
Technical Fouls Players, Coaches, & Fans	2 Technical Fouls on a Player for Unsportsmanlike Conduct = Ejection from Game & Potential 1-4 Game Suspension 3 Technical (non-team/admin) Fouls on one team will result in <u>FORFEITURE</u> of Game				
1 and 1 penalty	Standard NFHS Rule (not an exception): on 5th foul of each quarter the fouled player will shoot 2 bonus shots. Team fouls reset each quarter.				HS/HS GO Old Rule: After 7th team foul. Resets at half.
Bonus (2 Shots)	Effective on 5th Foul of Each Quarter - Resets Each Quarter				HS/HS GO Old Rule: After 10th team foul. Resets at half.
Overtime Periods	1 minute periods until a winner is determined, schedule permitting. Games can end in a tie.				
Time Outs	Per standard NFHS Rules the head coach may call a timeout from the bench, as well as any player on the court.				
Grace Period	Ten (10) Minutes for the first game of the day at a gym, if team has less than minimum amount of players				

Mercy Rule: when the lead meets or exceeds 20 points, the clock will continue to run even during the last 1 minute of the half or game. If lead dips below 20 points, normal timing resumes. 30 point lead: no double teaming by the team in the lead except in the lane, and all defenders must be inside the 3 point line. If ref determines team behind is stalling, defenders may come out beyond the 3 point line.

Special Rules for 5/6 PNT League:

3-on-3 | half court

Coaches may be on the court but must not interfere with the game or players

No 3 second rule

At halftime every player shoots a free throw that counts if made

All dead balls (jump ball, out of bounds, non-shooting foul) throw-ins are at top of the key

Throw-in player may start the action by dribbling or passing

To start the possession the offensive player gets a 3 foot space

On defensive rebounds and live ball turn overs the ball must be taken back outside the 3 point line before the offensive team can attempt to score. To clarify

Typically this will occur by the referee whistling for the ball and restarting the play of the game from the top of the key as most of our 5 year olds and first time players need this direction.

By end of season - if players are advanced enough to understand the "take it back" concept (i.e. the player who gets the defensive rebound or steal then dribbles it back outside the 3 point line and resumes on offense) and can execute it correctly, the referee MAY begin to allow this to occur.

"Taking it back" - it is our goal to begin to transition kids to understanding this rule by the end of this season.

Coaches & Team Managers:

No adult allowed on the bench without a coaching badge. All WBBL coaches and team managers who intend to be on the bench during games are required to submit a background check and receive a coaching badge from the City of Knoxville Parks & Rec.

This is a City of Knoxville regulation.

Coaches should have their badge with them at practices and badges should be worn at every game.